

RESOLUTION 156(24)

May 8, 2024

WHEREAS, the purpose of **National Men's Health Week** is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys; and

WHEREAS, Men's Health Week always begins on the Monday before Father's day and ends on Father's Day itself. It can be hard to find time to do the things we love to do, but Men's Health Week is a good reminder that health is also about happiness; and

WHEREAS, this is a time to bring awareness to health issues that affect men disproportionately and focuses on getting men to become more aware of problems they may have or could develop, and gain the courage to do something about it. It's a time when men are encouraged to set goals for their own health and wellness and begin creating a roadmap for achieving those goals; and

WHEREAS, only 30% of a man's overall health is determined by his genetics, while 70% is controllable through lifestyle; and

WHEREAS, men die at higher rates for the top causes of death; this includes deaths from cancer, diabetes, suicide, and accidents and diseases of the heart, kidney and liver; and

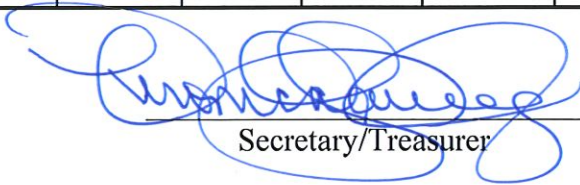
WHEREAS, taking control of your health by exercising, eating right and visiting your healthcare provider regularly all contribute to a better quality of life; and

WHEREAS, men who are educated about preventive health are more likely to participate in health screenings; and

WHEREAS, Men's Health Week will focus on a broad range of men's health issues, including heart disease, diabetes, prostate, testicular and colon cancers and encourage men to become more involved by seeking medical check-ups, exercising and living healthier lifestyles.

NOW, THEREFORE, BE IT RESOLVED by the OCEAN COUNTY BOARD OF HEALTH, County of Ocean, State of New Jersey, recognizes and proclaims **June 10-16, 2024 as National Men's Health Week** and encourages men to pursue preventive health practices and early detection so that they can live a healthy and productive life.

Name	Bacchione	Gupta	Hill	Kubiel	Laureigh	Mancini	Scaturro	Singer	Mallon
Ayes	✓	✓	✓	✓	✓	✓	✓	✓	✓
Abstain									
Nays									
Absent									


Secretary/Treasurer